

Colonies Zone News

March 2000

USMS Colonies Zone Newsletter

Vol. 3 No. 1

Champs Provide Variety of Options for Swimmers

Colonies Zone offers 5 zone championships each year. Following is a progress report since the 1999 convention meeting.

SCM Champs

Two-hundred-eighty-seven swimmers descended on Rutgers University for the November 6-7 1999 Colonies Zone SCM Championship. They represented 22 separate teams. The meet offered 28 events. Thirteen individual national records were set, 5 of them also world records. These records are good as of the November 1, 1999 published listings. There were also 111 women's zone meet records, 96 men's zone meet records set, 5 female relay zone records, 10 male relay zone records, and 9 mixed relay zone records set.

The following swimmers set individual records (world records are marked with asterisks):

- 1) Emily Peters, 24, EMP—400 free 4:33.15, 800 free 9:24.49
- 2) Gail Roper, 70, UNAT—50 free 35.37*, 100 free 1:20.89, 200 free 3:00.74*, 50

see CHAMPS pg 5 col 2

Zone SCY Championship

March 31 - April 2, 2000
Rutgers University

Sponsored by
Rutgers College Recreation

colonieszone.org/comp/
2000scyzone.pdf

Entry Deadline March 22

On-Deck Coaches Needed
Contact Leslie Cooper
To Volunteer

Zone Rep Mid-Year Report

Finances, Web Site, LMSC Health, Meeting Agenda, Zone Chair Election of Interest

Hello to everyone in the zone. I hope you're all doing well and got through Y2K with your computers intact. Now that we have passed February 29, it looks like there won't be any big problems. Except for the fact that my data base program makes me enter four digit years for anything before 1990, nothing has really changed.

Sorry this newsletter was so long in coming. Other issues kept getting in the way. As a result, this is a combination of the winter and spring news, so it's pretty fat. If you're reading the PDF version, you'll note that, to save space, I did not include the SCY or 2-Mile Champs entry forms.

History & Archives Committee Named

by Dorothy Donnelly

The History and Archives Committee, chaired by Dorothy Donnelly of Connecticut is charged with constructing permanent archives, both electronic and hard copy, which will in effect be the permanent recorded history of our wonderful organization.

The creation of this ad-hoc committee by President Nancy Ridout gave official stature to the project initiated by Carl House several years ago. The initial website listing current top tens was expanded to include current All American and All Star listings.

With the help of over twenty volunteers, the website has exploded to over 6,000 pages available at www.swimgold.org, with many links to usms.org. There's an alpha

see HISTORY page 5 col 1

Zone Chair Election

The big news is that I will be running for Zone Chair at this year's convention. Betsy Durrant nominated me, really had to twist my arm! Seriously, when I ran for re-election last September, I fully intended to do my 2 years. However, events sometimes intervene. If I should win the election, the zone will elect my replacement at our convention meeting. Without spending too much time on it, you should be prepared with a good candidate ahead of time.

Hugh Moore, Zone Chair, will be naming someone from the zone to replace me on the nominating committee, which will run the election.

Zone Meeting

There will be a zone meeting at the SCY Zone Championships on Saturday, April 1 after the last event of the day. The exact time and location of the meeting will be announced during the meet and may be posted on the web site ahead of time. During the meeting, bids will be open for the 2000 and 2001 SCM Championships and all the 2001 Open Water Championships should anyone care to bid.

The main focus of this meeting, as promised, will be a discussion of possible zone awards. These can be service awards, competition awards, fitness awards, or anything we come up with. Since the entire zone may not be represented at this meeting, we can

see MID-YEAR pg 4 col 2

Zone 2-Mile OW Champs

May 28, 2000
Lk Audubon, Reston, VA

Sponsored by
Reston Masters

colonieszone.org/comp/
reston2mi.htm

Entry Deadline May 23

P O T P O U R R I

Swim Magazine Listings Due to Zone Rep April 8

Listings for the July/August issue of *Swim* are due to the Zone Rep by April 8. Events should be from late July through September and must be sanctioned. We like to list mostly open water events in the summer, if possible. The goal is to list at least one or more events from each LMSC during the year.

So far this year the following LMSCs have had events listed: Maryland (1), Metropolitan (1), New England (2), New Jersey (1), Potomac Valley (2), Virginia (3). We need listings from Adirondack, Niagara, Connecticut, and Delaware Valley. If I don't have your information on time, I can't list your event.

Executive Committee Challenge at SC Nats

The USMS Executive Committee will challenge the zones to an 8 x 25 yard relay

at Short Course Nationals. Bad news for Colonies! Not only do we lose Jack "Ironman" Geoghegan, Betsy Durrant, and Jeanne Crouse, who have the bad taste to be on the Excom, but they have "adopted" Tracy Grilli to be their 8th member. The plan is to have each zone enter a relay comprised of LMSC officers. The relay will most likely be on Saturday or Sunday.

Thanks for Get Well Cards from Dot Donnelly

Last September at our zone meeting, everyone present signed get well cards for Dorothy Donnelly who was recovering from surgery for lung cancer. Said Dorothy: "Let me tell you, those two cards with the great messages were worth more than two buckets of medicines. Talk about morale boosters. I'd like to thank each and every - if you have an inch of space in next zone newsletter, will you convey my thanks?" Here's your inch of space, even if it is a few months later.

Report of Sad News About Zone Member

One of the difficult parts of writing a newsletter is that it is necessary to report the unhappy news with the good. I received a distressing email from Bill Volckening concerning a member of our zone and wanted to pass it on to you in case you haven't heard.

Bill wrote: "I have just received some very sad news. MACA President Ed Nessel has lost his son Jason, who was only 21 years old, in a tragic car accident in Florida yesterday (Saturday, 3/4/00). The Nessel family is, of course, distraught and is having a very tough time with it, particularly because this is the second son they have lost (the first to cerebral palsy about 10 years ago). If you know Ed, or even if you do not, I'm sure he would appreciate any messages you may send. His email is: EdNessel@aol.com—Bill Volckening."

I'm sure everyone will join me in expressing our condolences to Ed and his family and offer any assistance they might ask for in this mourning period.

Zone Leaders Named to Fill National Posts

Since the last newsletter, three more Colonies members have gained national rank. Debbie Morrin, Potomac Valley LMSC Chair, was named Chair of the Marketing Committee. Dorothy Donnelly, Connecticut LMSC Chair, was appointed Chair of the Ad-Hoc History & Archives Committee. Dorothy has provided an article for the news on page 1 column 2.

USMS President, Nancy Ridout, recently announced the selection for USMS Controller. She said: "I am happy to introduce you to our new Controller, Cathy Pennington. Cathy is a CPA, Audit Manager, former Controller, former Audit Supervisor, and a Masters swimmer for 11 years. Her emphasis has been on services to the nonprofit community including churches, health and welfare organizations, and other membership organizations. She lives in Falls Church, VA, served as Treasurer of the Fairfax Masters for five years, is married and has two small boys. She

Zone Financial Report

	Budget '00	Actual '00
Income (1999 Registrations * 15¢)		
Adirondack (185)	27.75	
Connecticut (291)	43.65	
Delaware Valley (591)	88.65	
Maryland (399)	59.85	
Metropolitan (1398)	209.70	
New England (1157)	173.55	
New Jersey (454)	68.10	
Niagara (474)	71.10	
Potomac Valley (1756)	263.40	
Virginia (721)	108.15	
Total Income	1,113.90	0.00
Expenses		
Web Site Costs	250.00	
Zone Championships Costs	200.00	
Zone Rep Convention Expenses	600.00	
Total Expenses	750.00	0.00
Net Income (Loss)	363.90	0.00
Beginning Cash	(16.03)	(16.03)
Ending Cash	347.87	(16.03)

P O T P O U R R I

POTPOURRI from pg 2 col 3

applied because her experience and the flexibility this job offered seemed to be an excellent fit." Cathy is also from Potomac Valley LMSC.

5 Colonies Web Sites Make MACA Top Ten

Masters Aquatics Coaches Association (MACA) announced its top ten web sites

for 1999 in 2 categories—Top Ten Team Web Sites and Top Ten LMSC Web Sites

I am pleased to note that 5 Colonies Sites made the list either in the top ten or honorable mention. If you haven't already done so, you can read about the winners in the December/January issue of MACA newsletter at <http://www.usms.org/coach/macanews9912.pdf>.

The Colonies team web site winners were: 1) 2nd Place — Team New York

Aquatics, Metropolitan LMSC, www.tnya.org/index1.html, 2) 9th Place — Garden State Masters, New Jersey LMSC, www.gsmswim.org, and 3) Honorable Mention — DC Aquatics Club, Potomac Valley LMSC www.swimdcac.org.

The LMSC web site winners were: 1) 5th Place — Delaware Valley, www.dvmasters.org and 2) 8th Place — New England Masters, www.swinnem.org. Congratulations to all the winners.

Colonies Events Calendar

- 3/18/2000 - 3/19/2000; Asphalt Green SCY - New York, NY; SCY; Siobhan Griffin, Asphalt Green Aquatic Center, 555 East 90th St, New York, NY 10128; www.metroswim.org/AGSCYmarch2000.pdf; Sanctioned by MR LMSC #060-32; Entry deadline 3/8/2000
- 3/18/2000; MD LMSC Champs - UMBC, Catonsville, MD; SCY; Katherine Branch, 111 Smithwood Ave, Catonsville, MD 21228, 410-719-7312, kabranch@mail.aac.cc.md.us; www.mindspring.com/~marylandlmsc/SSC2000.pdf; Sanctioned by MD LMSC #090-004; Entry deadline 3/11/2000
- 3/18/2000; Down East YMCA Meet - Ellsworth, ME; SCY; Bill Reeve, PO Box 512, Ellsworth, ME 04605, 207-667-3997; Recognized by NE LMSC; Pre-entry & Deck-entry - deadline 3/13/2000
- 3/19/2000; Portsmouth High Masters Meet - Portsmouth, NH; SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-742-7850(h), 603-337-1823(w), gendreau@nh.ultranet.com; Sanctioned by NE LMSC #030-004-SSCM
- 3/19/2000; The Long & Short of It - Waterbury, CT; SCY; Monique Legere Crane, 21 Nathan Ct, Waterbury, CT 06708, 203-755-1767; Dorothy Donnelly, donnelydj@worldnet.att.net; Pentathlon, 500 Free, & 1000 Free; Recognized by CT LMSC #CT0-A07; Pre-entry & Deck-entry - deadline 3/13/2000
- 3/25/2000; Albatross Open - Bethesda, MD; SCM; Kathy Kirmayer, 301-681-5735; Steven Jolles, 301-926-7306; www.swimgold.org/pv/ancom0300.pdf; Sanctioned by PV LMSC #100-003; Pre-entry & Deck-entry - deadline 3/18/2000
- 3/25/2000; VMST SC Champs - Newport News, VA; SCY; Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250, cockrell@usms.org; www.mindspring.com/~marylandlmsc/VASCY2000.pdf; Sanctioned by VA LMSC #129-0010; Pre-entry & Deck-entry - deadline 3/17/2000
- 3/25/2000; "March Madness" Invitational - Amherst, NY; SCY; Dana White, 53 Wilbury Place, Buffalo, NY 14216, 716-645-3628, twowhites95@aol.com; www.niagaramasters.org/ub000325.pdf; Sanctioned by NI LMSC #ND 99/00 SCY 107; Entry deadline 3/22/2000
- 3/26/2000; April Fools Meet - Yale Univ, New Haven, CT; SCY; Ruth Billard Morrill, 950 Benham St, Hamden, CT 06514-1903, 203-288-4251(h); Sanctioned by CT LMSC #CT0-13; Pre-entry & Deck-entry - deadline 3/20/2000
- 3/31/2000 - 4/2/2000; Colonies Zone SCY Champs - Rutgers Univ, Piscataway, NJ; SCY; Cathy Copeland, 246 Berger St, Somerset, NJ 08873-2858, 732-828-4679, 732-445-0475 (fax), cope@webspan.net; Sanctioned by NJ LMSC #070-01; Pre-entry
- 4/7/2000 - 4/9/2000; NE SC Champs - Harvard Univ, Cambridge, MA; SCY; Bob Seltzer, 19 Maverick Ln, Marblehead, MA 01945, 617-576-1203 (w), 1-888-SWIM-NEM, 617-661-2008 (fax), seltzer@metasoft.com; swinnem.org/NESCY00MIV5.html; Sanctioned by NE LMSC #00-01-SCY-S; Entry deadline 3/20/2000
- 4/8/2000; Star City Meet - Roanoke, VA; SCY; Howard Butts, c/o Lancerlot Fitness Center, 1110 Vinyard Rd, Vinton, VA 24179, 540-992-1736; William Pharis, 540-890-2867, swimmer_bill@hotmail.com; Sanctioned by VA LMSC #120-0004; Pre-entry & Deck-entry - deadline 4/1/2000

see CALENDAR page 6 col 1

Clinicians Needed to Run Open Water Clinics

Long Distance Committee member Dan Gray has been asked by the Coaches Committee to facilitate the four USMS Open Water clinics. He would like to compile a listing of qualified and interested personnel to be open water clinicians. You need not be a coach, but must have recognizable qualifications to conduct such an event. To volunteer, contact Dan at 541-944-0529 or openwater@swimoregon.org.

Zone On-Deck Coaching Short of Volunteers

Our On-Deck Coaching project for zone championships is lagging a bit. As I understand it, at our SCM Zones last November, only Debbie Morrin showed up to coach for one session. If we are to continue to offer this service, we need coaches to volunteer. The more volunteers we have, the less time you will have to stand on deck. If you would like to help out, please contact Leslie Cooper at 781-659-4031 or gjcooper@gis.net to volunteer.

see POTPOURRI pg 4 col 1

Important Web Sites

COLONIES: colonieszone.org
 USMS: www.usms.org
 DV LMSC: www.DVMasters.org
 MD LMSC: w3.cablespeed.com/~marylandlmsc
 MR LMSC: www.metroswim.org
 NE LMSC: www.swinnem.org
 NI LMSC: www.niagaramasters.org
 NJ LMSC: www.gsmswim.org
 PV LMSC: www.swimgold.org/pv
 VA LMSC: www.vaswim.org

P O T P O U R R I

POTPOURRI from page 3 col 3

Warning About Online Registration Offers

Hugh Moore, Zone Chair, passed this information on to the Zone Reps recently. Any meet directors out there should be aware of companies offering on-line registrations. Hugh said:

"Over the past year a number of companies have approached meet directors of various events offering to either list their events in their calendars or to provide on-line registration. At least one of the vendors uses some hard sell tactics and makes some false claims. USMS is not currently negotiating any arrangements for on-line registration or for calendar listings. Also, an electronic checkmark is NOT the legal equivalent of a signature. Let me know if you have any questions."

Zone Rep Mid-Year Report Tracks Zone Activities Since September Convention

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only vote on the concepts and create some grounds for discussion at our convention meeting.

Finances

At the convention in September, we voted to change the basis of zone funding from \$50 per LMSC to 15¢ per registered swimmer. With 1999 registrations at 7426 swimmers, we will have \$1,113.90 in income with about \$348 left at the end of the year.

The Zone Financial Statement on page 2 shows what each LMSC will owe. Registered swimmers are in parentheses following the LMSC name. If any LMSC has a different number, please notify me. Formal bills will be distributed at the zone meet-

ing on April 1 to be paid by June 1.

At our convention meeting next October, we will revisit the issue of the amount of the fee and determine if it should stay the same or be changed.

Web Site

In case you haven't visited the Colonies Web Site recently, the site has been given a facelift. It is now a frames site which allows us to be more creative and flexible with our navigation and updating.

You get to the web site in the usual way by going to colonieszone.org. URLs which point to PDF files or any files which should be viewed alone (such as meet results or records) are opened in their own windows. Use the "Back" arrow on your browser to get back to the regular frames view.

Any page on the site can also be viewed without the frames format. If you don't have a frames-capable browser or just don't like frames, go directly to the home page at colonieszone.org/home.htm or the sitemap at colonieszone.org/sitemap.htm for navigation.

If you arrived at our web site through a link from another site, you can get to the frames version by clicking on the "Frames Version" link in the footer.

For those of you who are members of "Stats Anonymous," as of March 16, we have had 1815 visitors with an average of 9 visits per day. The biggest bump occurred last fall when the heat sheets and results for our SCM championships were posted. If you want to look at other stats, click on the world with the wire around it at the bottom right of the home page.

LMSC Health

At the end of 1999, we had mixed results on LMSC membership. Overall, the zone increased registration by 314 swimmers. However, only 5 of our LMSCs grew, while 5 lost membership. Numbers don't always indicate the health of an organization, but it is something we have to be aware of. I don't know if these losses or gains are a continuation of a trend or just an aberration.

For some time now the Zone Commit-

Summary of Zone Meeting September 18, San Diego, CA

The Annual Meeting of the Colonies Zone was held at the USMS National Convention on September 18, San Diego, CA. Forty-two members of the zone attended the meeting.

The Zone Rep read into the record a list of achievements for zone members in 1999. They were: 1) 1999 Ransom Arthur Award—Jim Miller; 2) ISHOF Induction—Kelley Lemmon; 3) USMS Service Award Winners—Bob Kolonkowski, Jim Matysek, Lynn Hazlewood, Ed Nessel, and Art Mayer; 4) 2000 Rule Book Cover—Design by Tom Lyndon; 5) 2001 Long Distance 1-Mile National Championship—Empire State Masters; and 6) 1999 USMS National Championship Award—Jim Matysek.

Five zone championships were awarded at the meeting. This included the first ever zone open water championships. The awarded meets are: 1) 2000 SCY—3/31, 4/1–2, Rutgers University, Piscataway, NJ, Rutgers Masters; 2) 2000 Area 1 Open Water—6/24, 3-Mile, John's Pond, Mashpee, MA, Mashpee Leisure Services; 3) 2000 Area 2 Open Water—7/15, 1-Mile, Atlantic Ocean, New York,

NY, Empire State Masters; 4) 2000 Area 3 Open Water—5/28, 2-Mile, Lake Audubon, Reston, VA, Reston Masters; 5) 2001 SCY—4/20–22, Nassau County Aquatics Center, New York, NY, Empire State Masters. The 2000 and 2001 SCM championships and the 2001 open water championships are still available for bids.

Among the other actions accomplished at the meeting were: 1) Approval of setting up and funding a web site with the domain name of colonieszone.org; 2) Approval of on-deck coaching at pool championships and the purchase of t-shirts for the coaches; 3) Approval of a budget for 2000 which is funded by a 15¢ per registered swimmer charge and eliminate the current \$50 per LMSC charge for zone funding; 4) Reelection of Zone Rep for another 2-year term; and 5) Setting of the date for the next zone meeting at the SCY Zone Championships on Saturday, April 1, 2000 at the conclusion of events for the day

The complete text of the minutes of the meeting can be viewed on the Colonies web site at colonieszone.org/archives/.

Ad-Hoc History & Archives Appeal

HISTORY from pg 1 col 2

index of everyone who has made top ten since 1993 - All Americans since 1972, All Stars since 1987, and hundreds of stories and photographs about Masters Swimming elite - not only in the pool and in the open water, but those who shine at the administrative and historical levels.

Major tasks include establishing a permanent site and accurately cataloging the material, after assuring its authenticity. Every masters swimmer is invited to surf swimgold.org, discover the wealth of material already in place - note the areas where information is needed (birthdates, LMSC, club affiliation) to make this the most complete and correct historical site.

Of particular interest is the new project "Oral History" which should appeal particularly to those in each LMSC who have "stories" particularly about our older Masters. View the present page at www.swimgold.org/oralhist/index.htm and we know you'll be inspired to contribute.

Please make submissions by email or on a disk wherever possible. Info, corrections, suggestions, and send contributions to me at donnelydj@worldnet.att.net. (We want to keep Carl's time free for his electronic wizardry.)

Swimmer and Coach Services From the USMS Coaches Committee

The USMS Coaches Committee provides a variety of services. There is still time left to bring a USMS clinic to your LMSC. See contacts below. Also, the committee would like to identify every Masters coach in the country. Make sure your coach checks the Masters Coach box on their USMS registration form. Details of all programs can be found at www.usms.org/coach.

For Open Water Clinics, contact Dan Gray, 541-772-4773, DanGray@usms.org. For Mentor Coach & Swimmer Clinics, contact Doug Garcia, 509-332-1621, dougarcia@usms.org. For Nike Champions Clinics, contact Bill Volckening, 503-533-5567, billvolckening@usms.org

2000 Zone Championships Begin With SCY At Rutgers March 31—April 2

CHAMPIONSHIPS from pg 1 col 1

breast 48.47, 100 breast 1:46.90, 200 breast 3:51.22

- 3) Doris Steadman, 75, GSM—50 back 44.76*, 200 back 3:38.25*
- 4) Curtis Sawin, 28, GSM—50 fly 25.24
- 5) Wally Dicks, 36, GSM—2:23.85
- 6) Jim Dragon, 55, GSM—50 fly 28.57*

Garden State Masters won the large team competition (20 swimmers or more) with 2230 points. They were followed by Colonials 1776 with 1717 points and Empire State Masters with 1279. Maryland Masters won the small team competition (19 swimmers or less) with 955 points with Connecticut Masters 2nd (615 points) and White Plains Masters 3rd (587 points).

Gus Langner, 96, CONN and Roger Franks, 72, C1776 won the men's high point award. Each had 10 first places for 90 points. Marcia Hill, 55, EMP and Lida Gaschke, EMP tied for first place in the women's high point award. Each had 9 first

places and 1 second place for 88 points.

The 2000 SCM Championship is open for bids to anyone who wants to bid.

SCY Champs

The heat sheets for the zone SCY championships will be posted on the web site as soon as they are available after close of entries on March 22. Webmaster Ed Tsuzuki will notify the zone email list when they are posted. If we don't have an email address for you in the name and address list starting on page 11, let me know immediately, so you can be kept informed.

OW Champs

The first Colonies Zone Open Water Championship will be held on May 28 in Lake Audubon, Reston, VA and is sponsored by Reston Masters. It is a 2-mile swim around a 1/2-mile rope course. In 1997, this swim was the 1-3 mile national championship. A description of the event with pictures, a PDF version of the entry form, and a list of current entries can be found on our web site at colonieszone.org/comp/reston2mi.htm.

The next championship is on June 24 and is a 3-mile swim in John's Pond, Mashpee (Cape Cod), MA. The swim is also the USMS 3-6 Mile Long Distance National Championship. It is sponsored by Mashpee Leisure Services. Contact Gus Frederick at 508-539-1447 or leisure@cape.com for entry information.

The final championship on July 15 is a 1-mile swim at Point Lookout, Long Island, NY sponsored by Empire State Masters. This is also the New York State Championship and in 2001 will be a USMS 1 Mile Long Distance Championship. Contact Bob Kolonkowski (see zone address list on page 11) for information.

Information on the June 24 and July 15 championships will be posted on the Colonies Zone web site as soon as available. There will be another zone newsletter out in early May with the entry forms.

The Victor has agreed to be a sponsor of our championships and will be providing free printed bathing caps for each swim. There will also be a participation award presented by the zone to every swimmer who swims in all three events.

Zone Rep Report

MID-YEAR from pg 4 col 3

tee has been discussing running a project to assist small LMSCs. This has not yet been well defined, but any Colonies LMSC that wants to get in on the action should ask me. Adirondack volunteered some time ago. I will be putting this issue of LMSC health on the agenda for our next convention meeting.

Zone Championships

We had a successful SCM championship last November 6-7 where national and world records were set and many zone meet records were set. In a couple of weeks we will return to Rutgers for our SCY championships March 31-April 2. We are also on track for our three open water championships. See the article on page 1 column 1 for details.

Name & Address List

The updated zone name and address list can be seen starting on page 11 of this newsletter. I noticed that there are several people who have more jobs than I do. I didn't think that was possible!

Colonies Events Calendar (continued)

CALENDAR from pg 3 col 1

- 4/9/2000; Delaware Valley LMSC Swim Clinic - Upper Main Line Y, Berwyn, PA; CLN-OW; Bill Labarr, 1 Forrestview Ct, Marlton, NJ 08053-3726, 609-810-8997; Barney Hungerford, 610-640-4948, barneyh@jbcassociates.com; Emphasis will be on long distance open water swimming; www.DVMasters.org/DVLMSCSwimClinic.pdf
- 4/14/2000 - 4/16/2000; NY State Champs - Nassau Cty Aquatic Center, Long Island, NY; SCY; Bob Kolonkowski, 15 Dartmouth St, Rockville Centre, NY 11570-2412, 516-766-1264(h), 718-282-7804(x63011), 516-766-1264(fax), RPK248@mindspring.com; Lisa Baumann, 516-294-7946, 516-294-7947 (fax), aquafitinc@aol.com; www.aquafitmasters.org/announce.htm#NY; Sanctioned by MR LMSC #060-31; Entry deadline 4/3/2000
- 4/16/2000; 1000/1650 Meet - UMBC, Baltimore, MD; SCY; Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228-2421, 410-788-2964(h), 410-992-3760(w), swimbarb@hotmail.com; Site of USMS Long Course Nationals; www.mindspring.com/~marylandlmsc/dist2000.pdf; Sanctioned by MD LMSC #090-005; Entry deadline 4/8/2000
- 4/16/2000; Lox & Bagel Meet - Fairfax, VA; SCM; Matthew Alvin, Jewish Community Center of No. VA, 8900 Little River Turnpike, Fairfax, VA 22031, 703-323-0880(x26), MattA@JCCNV.org; www.swimgold.org/pv/jccn0400.pdf; Sanctioned by PV LMSC #100-002; Entry deadline 4/9/2000
- 5/28/2000; Colonies Zone 2 Mi OW Champs - Lk Audubon, Reston, VA; OW; Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-845-SWIM, pbberger@aol.com; Lynn Hazlewood, 703-845-SWIM, lynhzlwd@usms.org; www.colonieszone.org/comp/reston2mi.htm; Sanctioned by PV LMSC #100-004; Entry deadline 5/23/2000
- Jun 2000; Nickle City Splash Meet - Buffalo, NY; LCM; Dana White, 53 Wilbury Place, Buffalo, NY 14216, 716-645-3628, twowhites95@aol.com; Sanctioned by NI LMSC
- 6/3/2000; 7.5 Mi Potomac River - Swim for Environment; OW; Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218, 410-243-4418 (h); Cheryl Wagner, 202-387-2361(h), 202-874-0614(w), 209-633-5521 (fax), cherylw@crosslink.net; Accompanied swim with limited entries. Pledged swim to benefit the environment; www.crosslink.net/~cherylw/pr2000i.htm
- 6/11/2000; 4.4 Mi Chesapeake Bay Bridge Swim & 1 Mi Bay Challenge - Baltimore, MD; OW; Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 609-468-0010, 856-468-4018 (fax); Send SASE for race info available in late fall - race fills quickly; www.lin-mark.com; Pre-entry
- 6/17/2000; 8 Mi Swim - Chester River, Chestertown, MD; OW; Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218, 410-243-4418 (h); Cheryl Wagner, 202-387-2361(h), 202-874-0614(w), 209-633-5521 (fax), cherylw@crosslink.net; AIDS benefit formerly swum in the Gunpowder River; www.crosslink.net/~cherylw/cr2000i.htm
- 6/17/2000; 28.5 Mi Manhattan Island Swim - New York, NY; OW; Manhattan Island Foundation, PO Box 959 Ansonia Station, New York, NY 10023, 888-NYC-SWIM, 212-873-8311, nycswim@aol.com; Send 4 self-addressed mailing labels and a check for \$25. Indicate whether you are a solo or relay swimmer. Entry form is now posted on the web site; www.nycswim.org; Entry deadline 4/1/2000
- 6/18/2000; Jack King 1 Mi Ocean Swim - Virginia Beach, VA; OW; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451, 757-422-6811(h), durrantb@aol.com; Sanctioned by VA LMSC
- 6/18/2000; 800/1500 Meet - College Park, MD; LCM; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649(h), 301-314-5372(w), 301-314-9094(fax), DD119@umail.umd.edu; www.crosslink.net/~cherylw/meet800.htm; Sanctioned by PV LMSC #100-005; Pre-entry & Deck-entry - deadline 6/12/2000
- 6/18/2000; Upper Main Line Y - Berwyn, PA; LCM; Dave Craven, Upper Main Line YMCA, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312, 610-647-9622
- 6/24/2000; Virginia Masters Invitational - Newport News, VA; LCM; Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250, cockrell@usms.org; Sanctioned by VA LMSC
- 6/24/2000; 2000 USMS 3-Mile Open Water Championship - John's Pond, Mashpee (Cape Cod), MA; OW; Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd, N, Mashpee, MA 02649, 508-539-1447, 508-539-1400(x519), leisure@cape.com; This race is also a 2000 Colonies Zone Open Water Championship; Sanctioned by NE LMSC
- 6/24/2000; 1 Mi Against the Tide Swim - Hopkinton Reservoir, Hopkinton, MA; OW; Mary Ferrise, 18 Wellington St, Boston, MA 02118, 617-267-4940, 617-267-3883, mferrise@aol.com; Fundraising swim to benefit the Massachusetts Breast Cancer Coalition; www.mbccc.org/swim
- 6/25/2000; 1 & 3 Mi Plunge for Patients - Wildwood, NJ; OW; Viki Altomonte, 209 Embleton Rd, Owings Mills, MD 21117, 410-502-5395, altomvi@jhmi.edu; L & M Computer Sports, 856-767-1337, info@lmsports.com; Includes "Beyond the Breakers" novice swim; www.med.jhu.edu/canceerctr/plunge; Deck entries only
- 6/29/2000; 1 Mi Ocean Swim - Ocean City, NJ; OW; L & M Computer Sports, 89 Park Dr, Berlin, NJ 08009, 856-767-1337, info@lmsports.com; Darren Hickman, 609-926-9191, darrenhickman@hotmail.com; www.lmsports.com
- Jul 2000; 1 & 2 Mi Swims - Canandaigua Lake, Canandaigua, NY; OW; Vern Hecker, 3452 Gehan Rd, Canandaigua, NY 14424, 716-394-4075; Sanctioned by NI LMSC
- Jul 2000; LC Meet - Washington, DC; LCM; Kathleen Snyder, 3727 Yuma St NW, Washington, DC 20036, 202-833-4400, ksnyder@dc.rtkl.com
- 7/4/2000; Mike Rynne 2 Mi Swim - Merrimack River, Lowell, MA; OW; Jack Hall, 89 Burnham Rd, Andover, MA 01810, 978-475-2285(h), 978-454-5411(x340), jackhall@mec.edu; Ned Tarmey, Jack Taupier, 978-970-4242
- 7/8/2000; 1, 2, 3, & 4 Mi Swims - Chester River, Chestertown, MD; OW; Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218, 410-243-4418 (h); AIDS benefit formerly swum in the Gunpowder River
- 7/8/2000; 2000 USMS 2-Mile Cable Championship - Chris Greene Lake, Charlottesville, VA; OW; Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804-272-7291, ppowis@aol.com; Sanctioned by VA LMSC
- 7/8/2000; USMS Open Water Clinic - Greenwich, CT; CLN-OW; Marcia Cleveland, PO Box 252, Riverside, CT 06878-0252, 203-637-2206 (h), 203-698-1158 (fax), mcleve944@aol.com; Sanctioned by CT LMSC
- 7/9/2000; 1 Mi King of the Pier Ocean Swim - Seaside Heights, NJ; OW; Seaside Heights Recreation, 800 Ocean Terrace, Sea-

Colonies Zone SCY Zone Championships

March 31 - April 2, 2000

Rutgers University

**Sponsored by
Rutgers Masters**

**Entry Deadline
March 22, 2000**

To save space, the PDF version of this newsletter does not contain the entry form.

Entry forms can be obtained by download from the Colonies Zone Web Site at colonieszone.org/comp/2000scyzone.pdf or by contacting the meet director, Cathy Copeland, at cope@webspan.net or 732-828-4679. Fax entries are accepted for those of you who haven't entered yet.

(Page 2 of SCY Championships Entry Form)

Colonies Zone 2-Mile OW Zone Championships

May 28, 2000

Lake Audubon, Reston, VA

**Sponsored by
Reston Masters**

**Entry Deadline
May 23, 2000**

To save space, the PDF version of this newsletter does not contain the entry form.

Entry forms can be obtained by download from the Colonies Zone Web Site at colonieszone.org/comp/reston2mi.pdf or by contacting Phyllis Sickenberger, at pbberger@aol.com or 703-845-SWIM. There are no fax entries, however the meet registrar will cut slack for out of town swimmers if you have trouble completing your entry on time (legitimate emergencies only please).

(Page 2 of 2-Mile OW Championships Entry Form)

Colonies Zone Mailing List

ADIRONDACK

Note: Adirondack is currently without a permanent LMSC Chair. Betsy Owens will be the temporary contact until the April LMSC meeting.

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 Pickett Simpson (LSEC)—4335 Buckingham Dr, Schenectady, NY 12304, 518-393-5150(h), simp2@rpi.edu

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Colonies Zone Mailing List *(continued)*

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KEY TO ABBREVIATIONS

ZONE OFFICIALS

ZREP - Zone Representative
 ZWEB - Zone Webmaster
 ZTT - Zone Top Ten
 ZREC - Zone Records Keeper

LMSC JOBS

LDIR - LMSC At Large Director
 LCHR - LMSC Chair
 LCCHR - LMSC Co-Chair
 LCOA - LMSC Coaches
 LEDT - LMSC Editor
 LFIT - LMSC Fitness
 LLD - LMSC Long Distance
 LLGL - LMSC Legal
 LMKT - LMSC Marketing
 LOFF - LMSC Officials
 LREC - LMSC Records
 LREG - LMSC Registrar
 LSAF - LMSC Safety
 LSANC - LMSC Sanctions
 LSEC - LMSC Secretary
 LTRE - LMSC Treasurer
 LTT - LMSC Top Ten
 LVCHR - LMSC Vice Chair
 LWEB - LMSC Webmaster

USMS CLUB OFFICIALS

CCOA - USMS Club Coach
 COFF - USMS Club Official

USMS COMMITTEE CHAIRS

UFITCH - Chair Fitness Committee
 UHISTCH - Chair History & Archives Committee
 UINSCH - Chair Insurance Committee
 ULGLCH - Chair Legal Counselors Committee
 UOLCH - Chair Computer Online Committee
 UOFFCH - Chair Officials Committee
 UPLNCH - Chair Planning Committee
 USPMCH - Chair Sports Medicine Committee
 UZCH - Chair Zone Committee

USMS STANDING COMMITTEES

UBOOK - Rule Book Committee
 UCHMP - Championship Committee
 UCOA - Coaches Committee
 UCONV - Convention Committee
 UFIN - Finance Committee
 UFIT - Fitness Committee
 UINS - Insurance Committee
 UINT - International Committee
 ULD - Long Distance Committee
 ULEG - Legislation Committee
 UMKT - Marketing Committee
 UOFF - Officials Committee
 UOL - Computer Online Committee
 UPLN - Planning Committee
 URA - Recognitions & Awards Committee

UREC - Records & Tabulations Committee
 UREG - Registration Committee
 URUL - Rules Committee
 USAF - Safety Education Committee
 USPM - Sports Medicine Committee

USMS AD-HOC COMMITTEES

ISHOF - Swimming Hall of Fame
 UFUND - Endowment Fund Board
 UHIST - History & Archives Committee
 ULGL - Legal Counselors Committee

SPECIAL ASSIGNMENTS

UCAL - Editor Calendar of Events
 UCNSL - USMS Legal Counsel
 UCTRL - USMS Controller
 UPP - USMS Past President
 UPRES - USMS President
 USEC - USMS Secretary
 UUSA - USA Swimming Liaison
 UVP - USMS Vice President
 UWEB - USMS Webmaster
 UXSEC - USMS Executive Secretary
 UYMCA - YMCA Liaison
 DEL99 - 1999 Convention Delegate
 ATT99 - 1999 Convention Attendee
 DEL98 - 1998 Convention Delegate
 ATT98 - 1998 Convention Attendee

Colonies Events Calendar (continued)

CALENDAR from pg 6 col 2

- side Heights, NJ 08751, 732-830-7260; Lin-Mark Computer Sports, 609-468-0010, 856-468-4018 (fax)
- 7/9/2000; USA Swimming 10K National Championship - Huntington Bay, Long Island, NY; OW; Bea Hartigan, 27 Huntington Rd, Huntington, NY 11743, 631-271-3349; Masters swimmers can compete if they join USA Swimming
- 7/10/2000 - 7/15/2000; Pennsylvania Sr Games; SCY; Pat Madden, 888-445-4559
- 7/14/2000; 1 Mi Ocean Race - Atlantic City, NJ; OW; Sid Cassidy, Room 108, City Hall, Atlantic City, NJ 08401, 609-343-3794, 609-347-5211(fax), qcass@aol.com; Swim straight out 1/2 mile and straight back in 1/2 mile
- 7/14/2000; 26 Mi Swim Across America Swim - Hudson River, New York, NY; OW; Cheryl Silver, PO Box 4184, New York, NY 10163, 888-SWIM-USA, silverevt@aol.com; Fundraising swim for cancer research. Minimum of \$3000 in pledges to swim; swimcrossamerica.org
- 7/15/2000; 1 Mi Colonies Zone & NY State OW Champs - Pt Lookout, Long Island, NY; OW; Bob Kolonkowski, 15 Dartmouth St, Rockville Centre, NY 11570-2412, 516-766-1264(h), 718-282-7804(x63011), 516-766-1264(fax), RPK248@mindspring.com; Sanctioned by MR LMSC
- 7/15/2000; 1 Mi Swim for the Dolphins - Wildwood Crest, NJ; OW; L & M Computer Sports, 89 Park Dr, Berlin, NJ 08009, 856-767-1337, info@lmsports.com; Dave Hirsch, Beach Patrol, 609-465-5590; Benefit for the Marine Mammal Stranding Center; www.lmsports.com
- 7/15/2000; 22.5 Mi FINA Marathon World Cup Ocean/Bay Swim - Atlantic City, NJ; OW; Sid Cassidy, Room 108, City Hall, Atlantic City, NJ 08401, 609-343-3794, 609-347-5211(fax), qcass@aol.com; For 2000, non-pro relay teams of 3 or 6 persons, 30 minutes per swimmer. Limited number of non-pro solo swimmers accepted; acswim.org
- 7/15/2000; 1/2 & 2 Mi Back Bay Races - Atlantic City, NJ; OW; Sid Cassidy, Room 108, City Hall, Atlantic City, NJ 08401, 609-343-3794, 609-347-5211(fax), qcass@aol.com; Held in conjunction with FINA Marathon World Cup. Open to all age groups and teams; acswim.org
- 7/15/2000; 1.7 Mi Save the Bay Swim - Narragansett Bay, Newport, RI; OW; Jake George, 434 Smith St, Providence, RI 02908, 401-272-3540 (x102), 401-273-7153, jgeorge@savebay.org; Staci Lanphear, 401-272-3540 (x115), 401-273-7153, slanphear@savebay.org; Participants raise a minimum of \$175 through sponsors to help protect and restore Narragansett Bay; www.savebay.org/swim2000; Entry deadline 7/5/2000
- 7/15/2000; 1 Mi Point-to-Point Swim - Compo Beach, Westport, CT; OW; Bob Knoebel, Westport/Weston Y, PO Box 190, Westport, CT 06881, 203-226-8981(x128), flyrodbob@westportymca.org
- 7/22/2000; 2.4 Mi Peaks-to-Portland Swim - Casco Bay, Portland, ME; OW; Mathew Engineri, Greater Portland YMCA, 70 Forest Ave, Portland, ME 04101, 207-874-1111(x210), mengineri@cumberlandcountyyymca.org; Entry deadline 6/12/2000
- 7/22/2000; 1 Mi Swim Across America Swim - Boston Harbor, Boston, MA; OW; Kitty Tetreault, 30 Bullard St, Walpole, MA 01721, 508-660-1720, jacqKat@earthlink.net; Mary McCullagh, Swim Across America, 508-881-3779, mmcculla@ma.ultranet.com; Fundraising swim for cancer research. \$100 minimum pledge required to swim.; swimcrossamerica.org
- 7/28/2000 - 7/30/2000; Empire State Games - Binghamton, NY; LCM; George McVey, 477 Antlers Dr, Rochester, NY 14618, 716-271-2323, macswim@usms.org
- 7/29/2000; 1 Mi Ocean Swim - Ocean City, NJ; OW; L & M Computer Sports, 89 Park Dr, Berlin, NJ 08009, 856-767-1337, info@lmsports.com; Darren Hickman, 609-926-9191, darrenhickman@hotmail.com
- Aug 2000; 1/2 & 1 Mi Swims - Silver Creek, Buffalo, NY; OW; Demaree Brady, c/o Children's Hospital, 239 Bryant St, Buffalo, NY 14222, 716-878-7520, 716-694-2841; Benefit for the Pediatric Dentistry & Craniofacial Center of WNY at The children's Hospital of Buffalo; Sanctioned by NI LMSC
- 8/2/2000 - 8/6/2000; Keystone Games; SCY; Debbie Madden, 888-445-4559
- 8/12/2000; 1 Mile Harbor Swim - Gloucester, MA; OW; Jennifer Cullen, 9 Hodges St, Salem, MA 01970, 978-744-5169, YJENSWIMS@juno.com; Richie Martin, 978-281-0670, 978-281-8349 (fax), lilomartin@prodigy.net; Pre-entry & Deck-entry - deadline 8/5/2000
- 8/13/2000; 1 Mi John Boyd Memorial Swim - Seaside Heights, NJ; OW; Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751, 732-830-7260; Lin-Mark Computer Sports, 609-468-0010, 856-468-4018 (fax)
- 8/17/2000 - 8/20/2000; 2000 USMS LC Nationals - Baltimore, MD; LCM; Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228-2421, 410-788-2964(h), 410-992-3760(w), swimbarb@hotmail.com; Sanctioned by MD LMSC
- 9/3/2000; 1.5 Mi Pageant Ocean Swim - Atlantic City, NJ; OW; Bill Brooks, Atlantic City Beach Patrol, 3716 Boulevard Ave, Atlantic City, NJ 08041, 609-343-3794, 609-347-5211 (fax), hompie217@aol.com
- 9/9/2000; 1.4 Mi Swim For Life - Provincetown Harbor, Provincetown, MA; OW; Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657, 508-487-3684, 508-487-3684 *51(fax), reroot@tiac.net; Pledged benefit for local AIDS services; www.ptownlib.com/swim.html; Sanctioned by NE LMSC
- 9/16/2000 - 9/18/2000; USMS Mentor Coach & Swimmer Clinic - Richmond, VA; CLN; Terry Sue Gault, 3202 St Stephens Way, Midlothian, VA 23113, 804-379-9099, tsgvmst@aol.com; Sanctioned by VA LMSC
- 9/17/2000; 2.5 Mi Bay Swim - Ocean City, NJ to Somerspoint, NJ; OW; Polly Caffery, PO Box 850, Pomona, NJ 08240, 609-404-1591, Pollyphish@aol.com
- 9/30/2000; 1K, 3K, 5K Sunfest Swims - Ocean City, MD; OW; Ken Zuiderhof, 6520 Valley Rd, La Plata, MD 20646, 301-934-3675, kzuiderhof@ccboe.com
- 4/20/2001 - 4/22/2001; Colonies Zone SCY Champs - Nassau Cty Aquatic Center, Long Island, NY; SCY; Bob Kolonkowski, 15 Dartmouth St, Rockville Centre, NY 11570-2412, 516-766-1264(h), 718-282-7804(x63011), 516-766-1264(fax), RPK248@mindspring.com; Sanctioned by MR LMSC
- 7/14/2001; 2001 USMS 1 Mi Open Water Championship - Point Lookout, Long Island, NY; OW; Bob Kolonkowski, 15 Dartmouth St, Rockville Centre, NY 11570-2412, 516-766-1264(h), 718-282-7804(x63011), 516-766-1264(fax), RPK248@mindspring.com; Sanctioned by MR LMSC

Working Calendar

March

- 22 Entry deadline SCY Zone Championships
24 Entry deadline USMS SCY National Championships
31 Colonies Zone SCY Championships, Rutgers University, Piscataway, NJ—Thru April 2

April

- 1 Zone meeting following last event of the day at SCY Zones—place and time to be announced at the meet.
8 Listings for Jul/Aug Swim Magazine due to Zone Rep (Events from Adirondack, Niagara, Connecticut, and Delaware Valley will get priority)
27–30 USMS SC Nationals, IUPUI Natatorium, Indianapolis, IN

May

- 15 Begin USMS 5K/10K Postal Championships—Thru September 30
18–21 YMCA SC Nationals
23 Entry deadline for 2-Mile OW Zone Champs
28 2-Mile Zone Open Water Zone Championship, Lake Audubon, Reston, VA

June

- 1 LMSC payments to zone fund due
8 Listings for Sep/Oct Swim Magazine due to Zone Rep
24 3-Mile Zone Open Water Championship, John's Pond, Mashpee, MA (also a USMS Long Distance National Championship)

July

- 8 USMS 2-Mile Cable National Championships, Chris Greene Lake, Charlottesville, VA
15 1-Mile Zone Open Water Championship, Lookout Point, Long Island, NY (site of the 2001 1-Mile USMS Long Distance National Championship)

August

- 17–20 USMS LC Nationals, U of MD Baltimore County, Baltimore, MD

April 2001

- 20–22 Colonies Zone SCY Championships, Nassau County Aquatics Center, Long Island, NY (Goodwill Games pool)

MARCH 2000

Colonies Zone News

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